Natasha Level Map

Tempe

Pole Level Mapper

NEWBIE
9 moves

- Attitude Spin
- Back Hook
- Body Rolls
- Chair Spin
- Dip Turn
- Fireman Spin
- Front Hook
- Pirouette
- Pole Walk

LOW BEGINNER
22 moves

- Baby Snake
- Butterfly
- Carousel Spin
- Cradle Spin
- Cross Knee Layback
- Extended Butterfly
- Fan Kick
- Forearm Stand
- Hollywood Spin
- Inverted D
- Jackknife
- Juliet Spin
- Knee Spin
- Lady Seat
- Poisson
- Rockstar Spin
- Scissor Seat
- Secretary Seat
- Skater Spin

HIGH BEGINNER
30 moves

- Ayesha
- Bee's Knees
- Boomerang Spin
- Brass Bridge
- Brass Monkey
- Cheeba Split
- Climb
- Dove
- Dragonfly
- Eros
- Figurehead
- Genie
- Goddess
- Hip Hold
- Inside Leg Hang
- Inverted Crucifix
- Jamilla
- Jasmine
- Machine Gun

LOW INTERMEDIATE
11 moves

- Aerial Straddle Invert
- Air Walk
- Cross Ankle Layback
- Embrace
- Flatline
- Gemini Climb
- Leg Switch
- Mercury
- Reiko Split
- Remi Seat
- Torso Switch

HIGH INTERMEDIATE
8 moves

- Allegra
- Ballerina
- Caterpillar Climb
- Chest Press Butterfly
- Foot Mount
- Hang Glider
- Jade
- Shoulder Mount

ADVANCED
43 moves

- A-Frame
- Advanced Plank
- Aerial Shoulder Mount
- Archer
- Batwing
- Bird of Paradise
- Broken Doll
- Chopsticks
- Cocoon
- Cupid
- Dangerous Bird
- Daredevil
- Deathlay
- Dragontail
- Duchess
- Eagle
- Flag
- Flying K
- Fonji

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	22 moves	30 moves	11 moves	8 moves	43 moves
	Stargazer	Marion Amber			Gargoyle
	Upright Crucifix	Martini			Helix
	Wrist Seat	Outside Leg Hang			Icarus
		Reverse Grab			Iguana
		Side Climb			Iron X
		Side Saddle			Jallegra
		Sneaky V			Janeiro
		Snowflake			Knee Bocker
		Straddle Invert			Libellula
		Superman			Marley
		Violator			Meathook
					Phoenix
					Rainbow Marchenko
					Rocketman
					Russian Layback
					Russian Split
					Seahorse
					Spatchcock
					Starfish

NEWBIE	LOW BEGINNER	HIGH BEGINNER	LOW INTERMEDIATE	HIGH INTERMEDIATE	ADVANCED
9 moves	22 moves	30 moves	11 moves	8 moves	43 moves



Teddy



Tulip



Upright Sailboat



Vortex



Yogini